



Outpatient Nutrition Services

1201 W. La Veta Ave

Orange, CA 92868

www.choc.org/programs-services/nutrition/



Welcome!

You have been referred to CHOC's Outpatient Nutrition services. This means that you will be meeting with a pediatric Registered Dietitian (RD). Pediatric RDs are experts in child nutrition and provide medical nutrition therapy (MNT) to infants through young adults to optimize nutrition and growth. Your child may have been referred to a RD for weight issues, food allergies or intolerances, tube feeding recommendations, picky eating, a special diet, or another reason. The CHOC Pediatric RDs will work with you and your child to answer your questions about your child's nutrition and health. Your RD will provide individualized family-centered care to help your child thrive!

What to Expect

Meeting with a pediatric RD one-on-one is a valuable opportunity to discuss your nutrition concerns. Your RD will help answer questions that you may have about your child's nutrition. There will likely be multiple visits, as most nutrition interventions take time to address & monitor. The first visit will allow you, your child and the RD get to know each other. They will gather information about your child and will address feeding concerns. Your RD will also assess your child's weight, height, and growth. They may ask you or your child for a diet history – where you describe what your child typically eats and drinks over a certain time period. Your RD will also ask about cultural food traditions and food preferences. They may also ask about your child's health history or family's health history. Your RD will address any questions you have and provide specific nutrition and/or diet recommendations for your child.

Scheduling

General Outpatient Nutrition

714-509-8455

Gastroenterology & Nutrition

714-509-3183 (please leave a message and your call will be returned shortly)

Insurance Coverage

Please check with your child's insurance provider to see if a consultation with a RD is a covered benefit.

If there is no insurance coverage, you may pay out of pocket. Please discuss with the department assistant.

What to Bring (or have ready)

- what your child eats/drinks in a typical day
- any vitamins/minerals your child is taking
- any oral or tube feeding nutrition supplements your child is taking
- any nutritional lab results your child may have received

In Person Visits

For your in-person visit with the RD, please arrive early or on time to ensure you get the most out of your visit. RDs meet with several families daily and their time is valuable. If you are late, you may not be able to spend as much time with the RD as needed. First time visits often last 60 to 75 minutes. Follow up visits are shorter and last between 30 to 60 minutes. If you are late, the RD will determine if the visit will happen or will need be rescheduled.

Telehealth Visits

For your telehealth visit with the RD, you will receive a Zoom invite by email or a number for your visit. Please log in a few minutes early to ensure that everything is working okay. Telehealth visits work best on a laptop or tablet and in a quiet location. Your RD wants your full attention and requests that you avoid driving during your visit. First time visits often last 60 to 75 minutes. Follow up visits tend to be 30 to 60 minutes. If you are late, the RD will determine if the visit will happen or will need be rescheduled.

Directions & Map

General Outpatient Nutrition

CHOC Clinic

1st Floor

Check in at the desk between Doors 2 and 3

Gastroenterology & Nutrition

CHOC Clinic

1st Floor

Check in at the desk by Door 8



*The parking structure is located next to the building.